

## POOL INFORMATION

### CACTUS AQUATIC & FITNESS CENTER

7202 E. Cactus Road • 480-312-7665

### CHAPARRAL AQUATIC CENTER

5401 N. Hayden Road • 480-312-2361

### ELDORADO AQUATIC & FITNESS CENTER

2301 N. Miller Road • 480-312-2484

### MCDOWELL MTN. RANCH PARK & AQUATIC CENTER

15525 N. Thompson Peak Parkway • 480-312-6677

### DAILY FEES:

(Cactus, Chaparral, & Eldorado)

**ADULT RESIDENT:** \$2, **NON RESIDENT** \$3  
**CHILD RESIDENT:** \$1, **CHILD NON-RES:** \$1.50

**(MMR) RESIDENT:** Adult \$6, Child \$4  
**(MMR) NON-RESIDENT:** Adult \$9, Child \$6

### LAP SWIM:

(all pools)  
**ADULT RESIDENT:** \$2 **NON RESIDENT** \$3

### FAMILY PASSES:

Unlimited visits Memorial Day - Labor Day  
 Resident (only) Family of 4 or less \$120,  
 each additional family member \$20  
 (MMR Resident Family Pass \$400, add. member \$80)  
**SPECIAL!** MMR Pass \$120 from April 1-May 31

### LAP SWIM & FITNESS SWIPE CARDS:

#### ADULT RESIDENT:

10 visit pass \$20, 30 visit pass \$60

#### ADULT NON-RESIDENT:

10 visit pass \$30, 30 visit pass \$90

### GENERAL SCOTTSDALE SUMMER POOLS HOURS:

For specific hours of operation call or visit [www.scottsdaleaz.gov/Sports/aquatics](http://www.scottsdaleaz.gov/Sports/aquatics)

## CITY OF SCOTTSDALE AQUATIC CENTER HOURS OF OPERATION

### SPRING HOURS (month of May)

#### LAP SWIM HOURS

ELDO & MMRA: Mon-Fri 6a-1p & 5p-8p  
 Sat & Sun 1p-5p

CACT: Mon-Fri 6a-1p & 6p-8p  
 Sat & Sun 1p-5p

#### OPEN SWIM

Memorial Day Only: Begins weekends only, May 1-September 6, 1p-5p  
 ELDO & MMRA Open for Public Swim 1p-5p  
 CACT Open for Public Swim 2p-5p

### PRE-SUMMER HOURS (Training Week for summer staff June 1-4)

ELDO & MMRA: LAP SWIM 9a-5p  
 OPEN SWIM 1p-5p

CACT: LAP SWIM 6a-5p  
 OPEN SWIM 1p-5p

### SUMMER HOURS (June 7-August 8)

#### LAP SWIM HOURS

ELDO & MMRA: Mon-Thur 6a-8a & 12p-7p  
 Fri 6a-8a & 10a-3p, Sat & Sun 1p-5p

CACT: Mon-Thur 6a-8a & 12p-8p  
 Fri 6a-8a & 12p-7p  
 Sat & Sun 1p-5p

CHAP: Mon-Thur 6a-8a, 12p-1p, 5p-8p

#### OPEN SWIM HOURS

ELDO & MMRA: Mon-Thur 1p-6p, Fri 10a-3p, Sat & Sun 1p-5p  
 CACT: Everyday 1p-5p  
 CHAP: No open swim hours

### FALL HOURS (Cactus, Eldo, & MMRA, August 9-September 6)

**LAP SWIM HOURS** Mon-Fri 6a-1p & 6p-8p

**LAP & OPEN SWIM** Weekends 1p-5p

## LEARN TO SWIM

### SWIM LESSON REGISTRATION

**SESSION 1 & 2** Residents beginning 5/6  
 Non-Residents beginning 5/13

**SESSION 3 & 4** Residents beginning 6/17  
 Non-Residents beginning 6/24

### SUMMER SESSION DATES

**SESSION 1** June 7-17

**SESSION 2** June 21-July 1

**SESSION 3** July 5-15

**SESSION 4** July 19-29

**SWIM LESSON ASSESSMENT-** May 1st at Cactus, Eldorado and McDowell Mountain Ranch. Swim Assessments are scheduled from 1p-5p during public swim. Certified instructors will conduct a swim test to determine the child's current level.

### LEARN TO SWIM LESSONS

**PLEASE NOTE:** Each session is 2 wks;  
 each week classes held Monday-Thursday

#### EACH CLASS IS 30 MINUTES IN LENGTH

**SWIM LESSON FEE:** Residents \$22 per session per participant  
 Non-Residents \$33 per session per participant

All City of Scottsdale Instructors are certified by the American Red Cross. Please use the age guidelines and the class descriptions to help determine the appropriate level for your child. Participants must meet the skill requirement to remain in the appropriate level. Participants enrolled in the incorrect level may not be accommodated.

### AQUATIC INCLEMENT WEATHER POLICY

The Aquatic facilities will be closed during electrical storms and other inclement weather. If the pool is closed & lessons are cancelled, lessons will not be made up. If three or more days in a session are missed due to weather, a credit can be issued for each day missed over 3 days. The credit must be requested and is good for future programs.

## CACTUS AQUATIC & FITNESS CENTER

LEARN TO SWIM	SESSION 1	SESSION 2	SESSION 3	SESSION 4
	6/7 - 6/17	6/21 - 7/1	7/5 - 7/15	7/19 - 7/29
Learn to Swim Classes \$22 Resident/\$33 Non-Resident				
ALL LESSONS Monday-Thursday unless noted				
PARENT AND CHILD CLASSES				
9:45AM				81335
10:20AM	81341	81806	81339	
10:55AM		81346		81349
11:30AM	81350	81351		
5PM	81342			81338
5:35PM		81807		
6:10PM	81348	81337	81340	
6:45PM	81344			
7:20PM	81345	81334	81808	81354
PRESCHOOL				
8AM		81815		
9:10AM	81809			81827
9:45AM			81822	81828
10:20AM	81845	81816	81823	81829
10:55AM	81810		81824	81830
11:30AM	81811	81817		
5PM		81818	81825	81831
5:35PM	81812	81819		81832
6:10PM	81813	81820		
7:20PM	81814	81821	81826	81834
LEVEL 1				
8AM	81102			
8:35AM				81116
9:10AM		81128	81112	
9:45AM	81131	81129		
10:20AM			81114	81842
10:55AM		81106	81110	81111
11:30AM	81113	81115		
5PM	81119	81107	81132	81843
5PM	81120			
5:35PM	81121	81108		81137
6:10PM	81122	81109	81133	81138
6:45PM	81123	81126	81134	81136
7:20PM	81124	81127	81135	
LEVEL 2				
8AM	81145	81166	81140	
8:35AM	81161	81167		
9:10AM		81168	81141	81844
10:20AM	81162			81144
10:55AM		81147		
11:30AM	81152	81153		
5PM	81164	81174	81143	
5PM		81183		
5:35PM	81170	81184	81149	81156
6:10PM	81172	81176	81150	81157
6:10PM		81185		
6:45PM	81181	81177	81154	81159
6:45PM	81173	81186		
7:20PM	81182	81178		81180

LEVEL 3				
8AM	81188	81227	81205	81214
8:35AM	81189	81196	81206	81215
9:10AM	81193	81200	81208	
9:45AM	81191	81198	81209	
10:20AM	81192	81199	81210	81220
10:55AM	81190	81201		81211
10:55AM	81194			
11:30AM	81217	81228		
5PM	81230	81202	81212	81221
5PM	81234	81229		
5:35PM	81231	81203	81213	81222
5:35PM	81233	81836		
6:10PM	81232	81204	81246	81224
6:10PM	81235	81242		
6:45PM	81236	81239	81240	81241
6:45PM	81238	81243		
7:20PM	81237	81244	81247	81248
7:20PM		81245		
LEVEL 4				
8AM				81268
8:35AM	81249	81258	81265	
9:45AM	81252	81253		
10:20AM		81837		
10:55AM	81250	81251	81254	81257
11:30AM	81259	81262		
5PM	81260	81278	81282	81284
5:35PM	81267	81272	81283	81285
6:10PM	81256	81273		81277
6:45PM	81270	81274	81286	81279
7:20PM	81271	81263	81276	81280
LEVEL 5				
10:20AM	81287	81291		
10:55AM	81288		81294	81295
11:30AM	81298	81301		
5PM	81289	81299	81309	
5:35PM	81290	81300	81297	
6:10PM	81310		81311	
6:45PM		81307		81306
7:20PM	81304	81308		
7:20PM	81305			81838
LEVEL 6				
10:20AM		81840		
11:30AM	81321	81322		
5PM		81315		81316
5:35PM	81313		81312	
6:10PM				81325
6:45PM	81326	81329	81332	
7:20PM	81327	81846	81333	81330
DIVE LESSONS				
10:20AM	81090		81071	81072
10:55AM	81073	81074	81075	81076
11:30AM	81077	81078		
5PM	81091			
5:35PM	81092	81086	81070	81097
6:10PM	81093	81087	81081	81098
6:45PM	81094	81088	81082	81099
7:20PM	81095	81089	81083	

# AQUATIC INFORMATION |

ELDORADO POOL				
LEARN TO SWIM	SESSION 1	SESSION 2	SESSION 3	SESSION 4
	6/7 - 6/17	6/21 - 7/1	7/5 - 7/15	7/19 - 7/29
Learn to Swim Classes \$22 Resident/\$33 Non-Resident				
ALL LESSONS Monday-Thursday unless noted				
PARENT/CHILD CLASSES				
8:00 AM	81742	81754		81759
8:35 AM	81745	81747	81755	81757
9:10 AM	81746	81749	81750	81756
9:45 AM	81744			
10:20 AM		81748		
12:05 PM	81743			
PRESCHOOL				
8:00 AM		82011	82015	
8:35 AM	82007		82016	82019
9:10 AM				
9:45 AM	82008	82012	82017	82020
10:20 AM	82009	82013		82021
12:05 PM	82010	82014	82018	
LEVEL 1				
8:00 AM	81649		81659	81665
8:35 AM		81656	81660	81666
9:10 AM	81650	81657	81661	81667
9:45 AM	81652	81658	81662	
10:20 AM		81664	81663	81669
12:05 PM	81654			

## CLASS DESCRIPTIONS

### "PARENT & CHILD" AQUATICS

(1:10 Ratio) ages 6 mo-3 yrs. Parents (or caregiving adults) are taught techniques and positions to enhance their child's comfort level in the water. This class introduces infants and young children to aquatics with a parental presence in the water. Note: this class is water acclimation, not swimming lessons.

### PRESCHOOL AQUATICS: "ORIENTATION TO BASIC SKILLS"

(1:6 Ratio) ages 3-4 years and should be able to enter the water and participate without parental presence. Objective: gives young children a positive, developmentally appropriate aquatic learning experience that emphasizes water safety and survival concepts.

### LEVEL 1: "INTRODUCTION TO WATER SKILLS"

(1:6 Ratio) Requirements: ages 3-5 years and should be able to enter the water and participate without parental presence. Objective: learning elementary skills and helping students feel comfortable in the water.

### LEVEL 2: "FUNDAMENTAL AQUATIC SKILLS"

(1:6 Ratio) Requirements: ages 3-5 years and be able to enter & exit unassisted and float on front & back for 3 seconds. Objective: success with fundamental skills. Floating without support and introduction to arm and leg actions on the front and back.

LEVEL 2				
8:00 AM	81670	81671	81673	81686
8:35 AM	81677	81681	81674	81687
9:10 AM	81678	81682	81675	81688
9:10 AM		81684		
9:45 AM		81683	81676	81689
10:20 AM	81680	81672	81685	81690
LEVEL 3				
8:00 AM	81698	81695	81703	81709
8:35 AM	81699	81694	81708	81710
9:10 AM	81700	81693	81704	81711
9:45 AM	81701	81697	81705	81712
10:20 AM	81702	81707	81706	
12:05 PM	81696	81691		
LEVEL 4				
8:00 AM			81725	81728
8:35 AM	81714			
9:10 AM	81718	81731	81732	81730
9:45 AM	81717	81719	81720	
10:20 AM		81721		81723
LEVEL 5				
9:45 AM			81734	81736
10:20 AM		81737		
LEVEL 6				
9:45 AM			81738	
10:20 AM				81739
DIVE LESSONS				
10:20 AM	81641	81642	81644	81646
12:05 PM	81640	81643	81645	

Lessons run Monday-Thursday for two weeks.

### LEVEL 3: "STROKE DEVELOPMENT"

(1:6 Ratio) Requirements: ages 4-7 years and be able to float on front & back for 5 seconds and swim 15 yards using arm & leg movements on front & back. Objective: build on skills from Level 2. Coordination of the front and back crawl, introduction to butterfly, treading water and diving from the side.

### LEVEL 4: "STROKE IMPROVEMENT"

(1:10 Ratio) Requirements: ages 7 and older and be able to swim freestyle for 15 yards using rhythmic breathing, tread water or float for 30 seconds and swim back crawl for 15 yards. Objective: develop confidence in strokes. Build endurance of front crawl and back crawl and builds on butterfly, introduces elementary backstroke, breaststroke and side stroke.

### LEVEL 5: "STROKE REFINEMENT"

(1:10 Ratio) Requirements: ages 7 and older and be able to perform a feet first entry, swim freestyle for 25 yards and back float for 1 minute. Swim breaststroke 15 yards and tread water 1 minute and backstroke for 25 yards. Objective: provide further coordination and refinement of strokes.

### LEVEL 6: "SKILL PROFICIENCY"

(1:10 Ratio) Requirements: ages 7 and older, must be able to perform a shallow dive, swim 50 yards and perform a back float for 2 minutes. Participants must also be able to swim backstroke and breaststroke 50 yards and tread water. Objective: Refine strokes and increase efficiency over greater distances.

CHAPARRAL POOL				
LEARN TO SWIM	SESSION 1	SESSION 2	SESSION 3	SESSION 4
	6/7-6/17	6/21-7/1	7/5-7/15	7/19-7/29
Learn to Swim Classes \$22 Resident/\$33 Non-Resident				
ALL LESSONS Monday-Thursday unless noted				
PARENT/CHILD CLASSES				
8:00 AM	81583	81590	81594	81598
8:35 AM			81595	
9:10 AM	81576			
9:45 AM		81584		
10:20 AM		81585		81596
05:00 PM	81579	81586	81591	81597
05:35 PM		81587		
06:10 PM	81581			
06:45 PM	81582			
PRESCHOOL				
8:00 AM	81975	81981		
8:35 AM	81971		81988	81993
9:10 AM		81982	81989	81994
9:45 AM	81976	81983		81995
10:20 AM	81977	81984	81990	
05:00 PM	81978	81985		81996
05:35 PM	81979		81991	
06:10 PM		81986	81992	81997
06:45 PM	81980	81987		
LEVEL 1				
8:00 AM	81423	81432	81439	81425
8:35 AM	81426			81444
9:10 AM	81424	81434		
9:45 AM			81440	
10:20 AM	81431	81443		
05:00 PM	81428	81436	81441	81445
05:00 PM				81447
05:35 PM	81429	81437	81442	81446
06:10 PM	81416	81418		81415
06:45 PM				81421
06:45 PM	81417		81420	81422
07:20 PM	81435			

## ADULT SWIM LESSONS

(18yrs & up) It is never too late to learn to swim or improve your strokes! This class is geared toward adults who want to learn the basics and/or want to improve their swimming techniques. Class meets for 2 weeks - 1 hour each day Mon-Thur. Fee: \$42.00(R)/ \$63(NR)

## DIVING LESSONS

(1:10 Ratio) Requirements: ages 6-17 years and be comfortable in deep water. Basic diving progression is taught including approach, hurdle, press, and lift.

## ADVANCE DIVING LESSONS

(1:10 Ratio) Requirements: ages 6-17 years and be comfortable in deep water. Advance diving is for those who have taken beginning diving and/or know: the basic approach, hurdle, press, lift, front jumps, back jumps, and front dive.

LEVEL 2				
8:00 AM	81461	81470	81479	81454
8:35 AM	81462	81471	81480	81455
9:45 AM		82002	81481	
10:20 AM	81464	81472	81482	81456
05:00 PM	81466	81477	81483	81457
05:00 PM			81487	81458
05:35 PM	81467	81478	81484	
06:10 PM	81465	81475	81485	
06:45 PM		81476	81486	81459
06:45 PM		81488		81460
07:20 PM	81448	81449	81450	81453
LEVEL 3				
8:00 AM	81497	81504	81515	81490
8:35 AM	81492	81518		
8:35 AM		81529		
9:10 AM	81498	81513	81516	81493
9:10 AM		81514		
9:45 AM	81499			81491
10:20 AM		81511	81517	
05:00 PM	81505	81509		
05:00 PM	81502	81512	81520	
05:35 PM				81524
05:35 PM	81503	81508	81521	81527
06:10 PM	81495	81507	81522	
06:45 PM	81494	81506	81523	81496
06:45 PM			81526	
07:20 PM	81500	81489	81519	81525
07:20 PM				81528
LEVEL 4				
8:35 AM	81531	81536		
9:10 AM			81542	81551
9:45 AM	81538	81550		
10:20 AM	81532		81543	
05:00 PM	81535	81545	81547	81548
05:35 PM	81541	81546	81552	81553
06:10 PM	81533			81554
06:45 PM		81540	81549	
07:20 PM		81537	81544	81530
LEVEL 5				
8:35 AM		82004		
9:45 AM				81555
10:20 AM			81564	
05:35 PM				81556
06:10 PM		81562	81565	81567
06:45 PM	81558			
LEVEL 6				
9:45 AM		81571		
10:20 AM				81568
06:10 PM			81574	
DIVE LESSONS				
8:35 AM				82001
9:10 AM		81999	82000	
10:20 AM	81407	81409		

# AQUATIC INFORMATION |

## MCDOWELL MOUNTAIN RANCH

### LEARN TO SWIM

SESSION 1	SESSION 2	SESSION 3	SESSION 4
6/7 - 6/17	6/21 - 7/1	7/5 - 7/15	7/19 - 7/29

Learn to Swim Classes \$22 Resident/\$33 Non-Resident

ALL LESSONS Monday-Thursday unless noted

#### PARENT/CHILD CLASSES

8:00 AM	80993	80998	81003	81008
8:35 AM	80994	80999	81004	81009
9:10 AM	80995	81000	81005	81010
9:45 AM	80996	81001	81006	81011
10:20 AM	80997	81002	81007	81012

#### PRESCHOOL

8:00 AM	81041	81045	81049	81053
8:35 AM	81042	81046	81050	81054
9:10 AM	81043	81047	81051	81055
9:45 AM	81044	81048	81052	81056

#### LEVEL 1

8:00 AM	80772	80782	80792	80802
8:00 AM	80773	80783	80793	80803
8:35 AM	80774	80784	80794	80804
8:35 AM	80775	80785	80795	80805
9:10 AM	80776	80786	80796	80806
9:10 AM	80777	80787	80797	80807
9:45 AM	80778	80788	80798	80808
9:45 AM	80779	80789	80799	80809
10:20 AM	80780	80790	80800	80810
10:55 AM	80781	80791	80801	80811
11:30 AM	80812	80813	80814	80815

#### LEVEL 2

8:00 AM	80816	80828	80840	80852
8:00 AM	80817	80829	80841	80853
8:35 AM	80818	80830	80842	80854
8:35 AM	80819	80831	80843	80855
9:10 AM	80820	80832	80844	80856
9:10 AM	80821	80833	80845	80857
9:45 AM	80822	80834	80846	80858
9:45 AM	80823	80835	80847	80859
10:20 AM	80824	80836	80848	80860
10:20 AM	80825	80837	80849	80861
10:55 AM	80826	80838	80850	80862
11:30 AM	80827	80839	80851	80863

#### LEVEL 3

8:00 AM	80864	80876	80888	80900
8:00 AM	80865	80877	80889	80901
8:35 AM	80866	80878	80890	80902
8:35 AM	80867	80879	80891	80903
9:10 AM	80868	80880	80892	80904
9:10 AM	80869	80881	80893	80905
9:45 AM	80870	80882	80894	80906
9:45 AM	80871	80883	80895	80907
10:20 AM	80872	80884	80896	80908
10:20 AM	80873	80885	80897	80909
10:55 AM	80874	80886	80898	80910
10:55 AM	80875	80887	80899	80911



11:30 AM	80912	80914	80916	80918
11:30 AM	80913	80915	80917	80919

#### LEVEL 4

8:00 AM	80928	80934	80940	80946
8:35 AM	80929	80935	80941	80947
9:10 AM	80930	80936	80942	80948
9:45 AM	80931	80937	80943	80949
10:20 AM	80932	80938	80944	80950
10:55 AM	80933	80939	80945	80951
11:30 AM	80952	80953	80954	80955

#### LEVEL 5

10:20 AM	80957	80961	80965	80969
10:20 AM	80958	80962	80966	80970
10:55 AM	80959	80963	80967	80971
10:55 AM	80960	80964	80968	80972
11:30 AM	80973	80975	80977	80979
11:30 AM	80974	80976	80978	80980

#### LEVEL 6

10:20 AM	80981	80983	80985	80987
10:55 AM	80982	80984	80986	80988
11:30 AM	80989	80990	80991	80992

#### DIVE LESSONS

10:20 AM	80747	80751	80755	80759
10:20 AM	80748			
10:55 AM	80749	80753	80757	80761
10:55 AM	80750			
11:30 AM	80763	80765	80767	80769
11:30 AM	80764			

#### ADVANCE DIVE LESSONS

10:20 AM		81863	81864	81865
10:55 AM		81866	81867	81868
11:30 AM		81869	81870	81871

Lessons run Monday-Thursday for two weeks.

Please note that due to the high volume of public using McDowell Mtn Ranch Aquatic Center, there are no evening basic learn to swim lessons offered at McDowell Mtn Ranch, please refer to Cactus Pool.



## JUST FOR PRE-TEEN & TEENS

*Interested in becoming a lifeguard someday? The City of Scottsdale has a program geared to prepare youth for the exciting job of lifeguarding.*

### GUARD START

(2 hour, 2 wk program) Ages 13-15yrs. This program is designed to guide youth into Lifeguard Training by building a foundation of knowledge, attitudes and skills. Areas of focus are Prevention, Fitness, Response, Leadership, and Professionalism. Guard Start participants will be required to volunteer a minimum of 30 hours throughout the summer. All participants who complete 75 volunteers hours in 2010 will be eligible for a 50% discount on Lifeguard Training classes in 2011. **The Guard Start program does not certify the participant as a lifeguard.**

#### PREREQUISITES:

Swim 25 yards freestyle continuously; Tread water 1 minute; Swim a distance of 10 ft underwater

**DATES:** June 7-June 17 (M-TH)

**FEE:** \$36 Residents / \$54 Non-Resident

\*fee includes t-shirt \*\*See pool chart for specific times and course codes.

**VETERAN GUARD START** - Ages 13-15yrs. This program is for those youth that have participated in the Guard Start program. In order to register for this class, you must have completed the 30 hours of volunteer time during the summer of 2009. This program is for those who wish to continue their lifeguarding skills. Basic lifeguarding skills and pool operations will be taught in this course. Guard start participants will be required to attend weekly 1 hour in-service trainings and volunteer a minimum of 30 hours throughout the summer. All participants who complete 75 volunteers hours in 2010 will be eligible for a 50% discount on Lifeguard Training classes in 2011. To register contact the manager at the site you volunteered at last year.

**FEE:** \$18 Residents/ \$27 Non-Resident

GUARD START	SESSION 1 (2 WEEKS)
	6/7 - 6/17 (Mon-Thu)
Guard Start: \$36 Resident/\$54 Non-Resident	
CHAPARRAL POOL	
9:00-11:00 AM	81413
5:00-7:00PM	81414
ELDORADO POOL	
9:00-11:00 AM	81648
MCDOWELL MOUNTAIN RANCH POOL	
9:00-11:00 AM	80771
CACTUS POOL	
9:00-11:00 AM	81101



### AQUATIC SPORTS CAMP

(2 hr, 1 wk class) Ages 9-12yrs. Come join our fun and exciting sports camp and have the opportunity to learn and play every water sport imaginable! Learn the FUNdamentals of different water sports including swimming, diving, water polo, water basketball, synchronized swimming, water safety skills and other aquatic adventures!

**DATES:** 8/2-8/6

**TIMES:** 8-10am

**FEE:** \$32 Residents/\$42 Non-Resident

AQUATICS SPORTS CAMP	MONDAY-FRIDAY (1 WEEK)
	8/2 - 8/6
Aquatics Sports Camp: \$32 Resident/\$48 Non-Resident	
MCDOWELL MOUNTAIN RANCH POOL	
8:00-10:00 AM	81031
ELDORADO POOL	
8:00-10:00 AM	81784

### SYNCHRONIZED SWIM LESSONS

(1:10 Ratio) Requirements: ages 6-17 years and be comfortable in deep water and the ability to float on front & back. Participants will learn the basic fundamental skills for beginning figures & routines in synchronized swimming.

SYNCHRO	SESSION 1	SESSION 2	SESSION 3	SESSION 4
	6/7 - 6/17	6/21 - 7/1	7/5 - 7/15	7/19 - 7/29
Synchro: \$22 Resident/\$33 Non-Resident				
MCDOWELL MOUNTAIN RANCH POOL				
10:55-11:25 AM	81032	81033	81034	81035
ELDORADO POOL				
10:20-10:50 AM	81785	81790	81791	
12:05-12:35 PM		81787		

## RECREATIONAL TEAMS

- Parent Orientation for recreation team will be held at each pool on Saturday, June 5, 12:30p-1:00pm
- Team Handbook will be available
- Chance to meet the coaches
- Further explanation of recreational philosophies
- FREE Open Swim at 1pm (MMR, ELDO, CACTUS)

### RECREATIONAL SWIM TEAM

(1 hr, 8 wk program) Offered at all four Scottsdale City Pools, this program focuses on enhancing and improving swimming strokes, while maintaining a recreational environment. Swimmers will be taught proper strokes, starts and turn techniques. Participants must be able to swim 25 yards across the pool in any of the four competitive strokes; level 4 proficiency. Several types of Recreational Swim Meets are held throughout this 8-week program. Swim meets alternate between Saturday mornings and Thursday evenings. City Championships are held on Saturday, July 31st.

**AGES:** 5-18

**DATES:** June 7-July 31

**FEE:** \$ 81 Residents, \$122 Non-Residents

**TIMES:** Practices are conducted M-TH

### RECREATIONAL DIVE TEAM

(1 hr, 8 wk program) Offered at all four Scottsdale City Pools, this introductory diving program focuses on improving diving skills through skill progression and techniques while maintaining a recreational environment. Previous participation in a diving class or team is recommended. Participants must be at least 6 years old by the start of the program and be able to perform a 3 step hurdle and front dive in order to participate on the dive team. Recreational meets are held between Scottsdale pools generally on Tuesday evenings and possibly Saturday mornings. City Championships held on July 31st.

**AGES:** 6-18

**DATES:** June 7-July 31

**FEE:** \$57 Residents, \$86 Non-Residents

**TIMES:** Practices are conducted M-TH.

### SWIM & DIVE TEAM SUIT FITTINGS

A Swim Suit Vendor will provide suit fittings for each pool. Be sure to attend the scheduled time & date to purchase your team suit. Team suits are not required for participation and are optional. Cash, check, or credit card accepted.

<b>Cactus</b>	June 14, 9:00-10:30am
<b>Chaparral</b>	June 15, 8:30-10:30am 5:30-7:30pm
<b>Eldorado</b>	June 16, 8:30-10:30am
<b>MMR</b>	June 17, 8:30-10:30am

## COMPETITIVE TEAMS OPPORTUNITIES

### SCOTTSDALE AQUATIC CLUB

#### A United States Swimming Team

The City sponsored Scottsdale Aquatic Club is a year-round competitive swimming team. The team offers competitive swimming instruction and competitions for swimmers of all ages including adult masters program. Workout times and fees vary according to group. This program is available only at Cactus pool. For more info, call (480) 951-5368 or visit [www.scottsdaleswim.com](http://www.scottsdaleswim.com)

### CLAVADISTAS DEL SOL

#### A United States Diving Team

The City sponsored Clavadistas Del Sol is a year round competitive diving program open to divers of all abilities and ages. Both developmental and Master's diving is available. Workout times and fees vary according to group. This program is available only at Cactus pool. For more info, call (480) 980-3505 or visit [www.cdsdiving.org](http://www.cdsdiving.org)

### SCOTTSDALE SYNCHRO ARIZONA

#### A United States Synchronized Swimming Program

The City-sponsored synchronized swimming team is open to swimmers ages 8 and up. Do you love swim, dance, or gymnastics? Do them all at once while learning an Olympic Sport! Come to the pool and observe our swimmers in action. We offer recreational/beginner and age group/competitive programs. For more information visit [www.scottsdalsynchro.us](http://www.scottsdalsynchro.us) or call Mary Allen at 602.740.6486.

\* New times for Dive & Swim Team at Chaparral

RECREATIONAL DIVE TEAM		Summer Session
		6/7 - 7/31
Recreational Dive Teams: \$57 Resident/\$86 Non-Resident ALL PRACTICES: Monday-Thursday unless noted		
CACTUS POOL		
8:00 AM		81356
9:00 AM		81357
MCDOWELL MOUNTAIN RANCH POOL		
8:00 AM		81013
9:00 AM		81014
CHAPARRAL POOL		
*6:30 PM		81972
ELDORADO POOL		
8:00 AM		81761
9:00 AM		81762

RECREATIONAL SWIM TEAM		Summer Session
		6/7 - 7/31
Rec. Swim Teams: \$81 Resident/\$122 Non-Res. ALL PRACTICES: Monday-Thursday unless noted		
CACTUS POOL		
8:00 AM		81358
9:00 AM		81359
10:00 AM		81360
MCDOWELL MOUNTAIN RANCH POOL		
8:00 AM		81015
9:00 AM		81016
10:00 AM		81040
CHAPARRAL POOL		
8:00 AM		81602
9:00 AM		81603
*5:30 PM		81621
*6:30 PM		81998
ELDORADO POOL		
8:00 AM		81763
9:00 AM		81764

## ADULT SPECIALTY CLASSES

See chart at right for specific days & times

\*monthly pre-registration recommended

Ages 13 & up unless otherwise noted

### SHALLOW WATER EXERCISE

Work out and have fun. Classes run 50 mins and include stretching, warm-up, cardio, toning, and cool-down. Fee: \$16 (R) / \$24 (NR)

### DEEP WATER EXERCISE

Challenge yourself to the next level of physical fitness! This class features aerobic exercise, treading water, and activities that improve swimming technique & fitness. Fee: Call pool for fee.

### ACHE AWAY EXERCISE

Back Ache? Joints hurt? Have arthritis? Try this especially designed class for any individual who needs gentler, slower paced water exercise. Emphasizes stretching & toning. Taught by a certified arthritis instructor.

Fee: \$7 (R) / \$11 (NR)

### TONE & TAI CHI

This class combines water exercises with Tai Chi moves. It benefits students of all ages and abilities by using the water to increase strength, flexibility, balance and energy. A great way to start your day or prepare yourself for water exercise or lap swim. Fee: \$7 (R) / \$11 (NR)

### ARTHRITIS FOUNDATION AQUATIC PROGRAM

This class is designed to accommodate individuals living with arthritis. The class format will be a gentle, slow paced exercise class focusing on muscular strength, endurance and flexibility/stretching. Instruction is provided by a certified Arthritis Foundation Aquatic Program.

Fee: \$7 (R) / \$11 (NR)

### NEW! TRIATHLON TRAINING FOR ADULTS

(18yrs & up) This class is designed for those individuals who are planning on competing in a triathlon but would like some coached training. This class will only focus on the swim portion of a triathlon and will help you improve your stroke, endurance and speed, as well as learning the 'rules of play,' such as sighting, swimming with others and additional techniques.

Fee: \$44(R)/ \$66 (NR)

TRIATHLON TRAINING (18+)	SESSION 1	SESSION 2	SESSION 3	SESSION 4
	6/7 - 6/17	6/21 - 7/1	7/5 - 7/15	7/19 - 7/29
Triathlon Training: \$44 Resident / \$66 Non-Resident				
CACTUS POOL				
7pm	81966	81967	81968	81969

WATER EXERCISE	SESSION 1	SESSION 2	SESSION 3	SESSION 4
	6/7 - 6/17	6/21 - 7/1	7/5 - 7/15	7/19 - 7/29
SHALLOW EXERCISE				
Shallow Water Aerobics Classes: \$16 Resident/\$24 Non-Resident				
ELDORADO POOL				
6:00 AM	81768	81771	81772	81773
7:00 AM	81766	81780	81781	81782
8:00 AM	81765	81767	81769	81775
9:00 AM	81776	81777	81779	81774
CHAPARRAL POOL				
8:00 AM	81606	81610	81614	81604
9:00 AM	81607	81611	81615	81605
5:00 PM	81608	81612	81616	81618
6:00 PM	81609	81613	81617	81619
CACTUS POOL				
8:00 AM	81361	81366	81371	81376
9:00 AM	81362	81367	81372	81377
5:00 PM	81363	81368	81373	81378
6:00 PM	81364	81369	81374	81379
MCDOWELL MOUNTAIN RANCH POOL				
8:00AM	81017	81020	81023	81026
9:00AM	81018	81021	81024	81027
10:00AM	81019	81022	81025	81028
DEEP WATER EXERCISE				
Deep Water: \$16 Resident/\$24 Non-Resident				
ELDORADO POOL				
7:00 AM	81630	81631	81632	81633
6:00 PM	81635	81636	81637	81638
CHAPARRAL POOL				
10:00 AM	81401	81402	81403	81404
MCDOWELL MOUNTAIN RANCH POOL				
10:00AM	80742	80743	80744	80745
ADULT LEARN TO SWIM				
Adult Learn To Swim: \$42 Resident/\$63 Non-Resident				
ELDORADO POOL				
10:00 AM	81627		81629	
CHAPARRAL POOL				
7:00 PM	81397	81398	81399	81400
MCDOWELL MOUNTAIN RANCH POOL				
7:00 PM	80738	80739	80740	80741
ACHE AWAY				
Ache Away: \$7 Resident/\$11 Non-Resident				
ELDORADO POOL				
9:00 AM	81622	81623	81624	81625
ARTHRITIS FOUNDATION				
ARTHRITIS FOUNDATION: \$16 RESIDENT / \$24 NON-RESIDENT				
ELDORADO POOL				
10:00 AM	81800	81801	81802	81803
TONE-N-TAI CHI				
Tone-N-Tai Chi: \$7 Resident/\$11 Non-Resident				
ELDORADO POOL				
TONE-N-TAI CHI: \$7 RESIDENT / \$11 NON-RESIDENT				
8:00 AM	81794	81795	81796	81797